

Best Chicken-Filled Crepes with Shallot Sauce

Recipe By Esther Deutsch



Cooking and Prep:  1 h

Serves:  8

Contains: 

Preference: Meat

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free

Source: Whisk by Ami Magazine

These chicken blintzes deserve their name. Over the years, I have tasted a variety of chicken blintzes and this one is by far the best.

The grated eggs in the recipe had me skeptical at first, but that is an essential ingredient to creating the perfect taste and texture of the chicken filling. Using chicken stock for the chicken filling and the shallot sauce will greatly enhance the flavor, lift the taste, and give it added richness. Feel free to substitute onions for shallots, or use a combination of both. Shallots have a slightly milder and sweeter taste than onions, and the taste of shallots possess a slight hint of garlic.

When plating, you can serve the blintzes the traditional way, rolled up and drizzled with shallot sauce. Alternatively, you can wrap the crepes with a scallion and tie the crepe up into a purse, as pictured. To use the scallion as a tie, trim off the white sections. Blanch the scallion in hot boiling water for two minutes. Remove from boiling water and immediately rinse with cold water to maintain the brightness of color. Fill crepe with chicken mixture, being careful not to overfill. Gather ends together and tie with the scallion. Place shallot sauce in a circular motion on the plate and top with chicken crepe.

Ingredients (21)

Chicken Filling

- 4 tablespoons oil
 - 2 onions, diced
 - 4 tomatoes, peeled and diced
 - 4 eggs, hard-boiled and grated
 - 4 cooked chicken breasts, skin removed, deboned, and torn into strips
 - 1 cup **Empire Chicken Broth** or other chicken stock
 - 1 tablespoon potato starch
 - garlic, minced, to taste
 - Haddar Kosher Salt**, to taste
 - freshly ground black pepper, to taste
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Crepes

- 8 large eggs
 - 1 cup water
 - 1 cup potato starch
 - 1/3 cup oil, plus additional for cooking crepes
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Shallot Sauce

- 2 tablespoons oil
- 1 cup shallots, diced
- 1 and 1/2 teaspoons **Haddar Kosher Salt**
- 1/4 teaspoon black pepper
- 2 cups **Empire Chicken Broth** or other chicken stock

3 tablespoons potato starch, dissolved in 1/2 cup cold water

3 tablespoons **Alfasi Cabernet Sauvignon** or other good quality dark dry red wine (*optional*)

Start Cooking

To Prepare Chicken Filling

1. Heat the oil in a skillet over medium heat. Add the diced onions and sauté until golden. Add the tomatoes, eggs, and chicken. Saute for two minutes. Add the chicken stock, potato starch, and garlic; cook until desired consistency. Add salt and pepper to taste. Remove from heat.

Tip:

For best flavor, make your chicken stock with chicken breasts and reserve them for use in the filling.

For the Crepes

1. Beat the eggs. Add in water, potato starch, and oil and continue beating until the batter is evenly combined.
2. To cook crepes, heat oil in a skillet over medium heat. Add enough oil to cover the bottom of the skillet in a thin layer. Spoon 1/4 cup of batter into the skillet. Fry on both sides until cooked through, about 1-2 minutes per side.
3. Fill crepes with desired amount of the chicken filling and serve over shallot sauce (directions below).

Note:

Yields 18-22 crepes.

To Prepare Shallot Sauce

1. Heat the oil in a deep skillet over medium heat. Add the shallots and sauté until golden brown. Add the chicken stock, salt, and pepper, then raise heat and bring to a boil.
2. Add the dissolved potato starch. *Optional: For a rich color, add dry red wine.* Stir until sauce is evenly combined. Lower heat and let simmer for 6-8 minutes until sauce thickens to desired consistency

Variation:

Regular onions can be substituted for the shallots in this sauce.